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Parameters of the program

Musis podat reliz dane  
d  
sedvvd  
v  
sd  
vvdv

**DZ DOBR**  
**8 01 7 33**

Name  
Jan

Surname  
Kowalski

Friends call me:  
Janek

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FIG. 1 A

Parameters of the program

Musis podat reliz dane  
d  
sedvvd  
v  
sd  
vvdv

**DZ DOBR**  
**8 01 7 33**

Date of birth:  
1971-01-06

Weight in kg:  
60

Sex:  
☒ Man  
☒ Woman

Height in cm:  
180

BMI:  
[redacted]

Other:  
☐ Pregnancy  
☐ Breast-feeding

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FIG. 1 B

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**Parameters of the program**

**EDZ DOBR**  
**I NIE TYO**

**predisposition**

**Lifestyle**

- ☐ sedentary
- ☐ intense
- ☐ very intense

**Predisposition to obesity**

- ☐ I haven't predisposition
- ☐ I have predisposition
- ☐ I have big predispositions

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FIG. 1 C

**Parameters of the program**

**EDZ DOBR**  
**I NIE TYO**

- ☒ I don't practice professional sports
- ☐ I practice fast-strength sports
- ☐ I practice endurance sports

Amount of training hours daily

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FIG. 1 D

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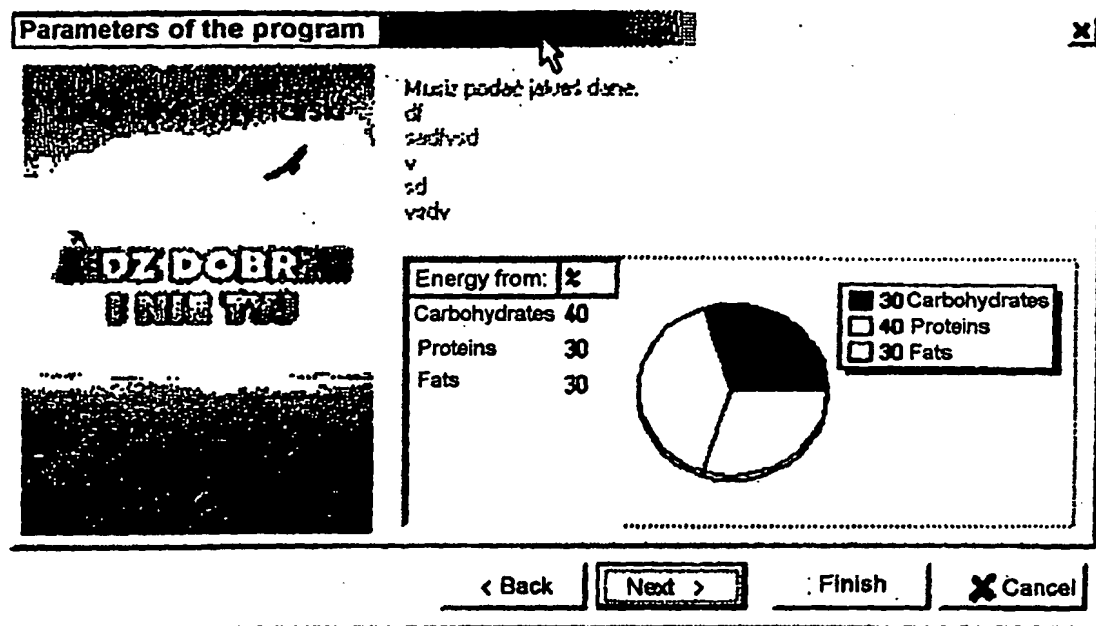


FIG. 1 E

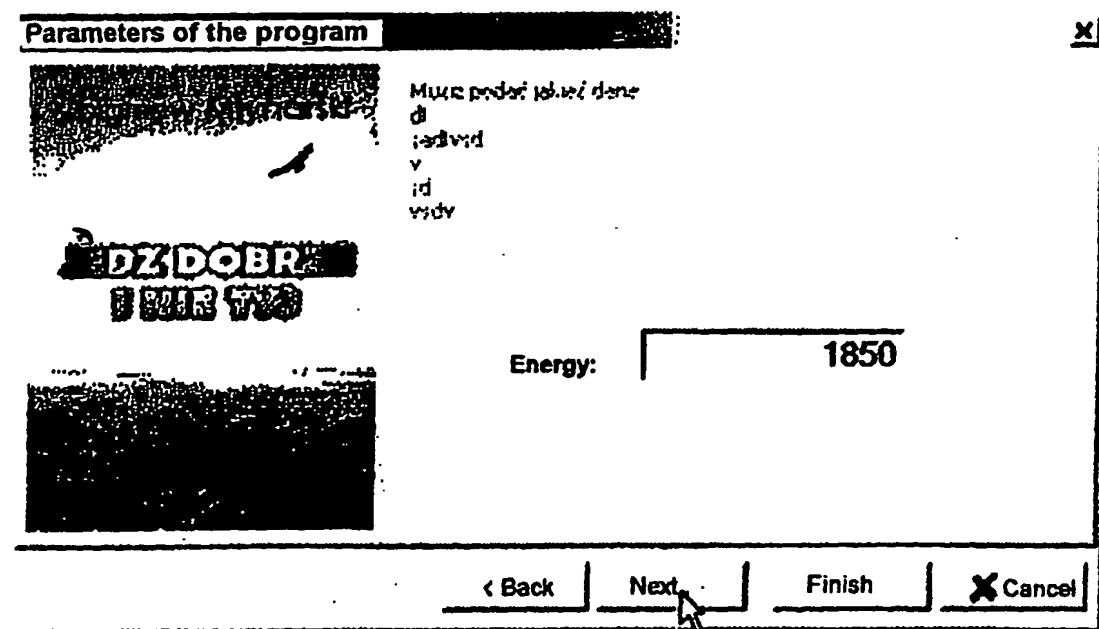


FIG. 1 F

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**FIG. 2**

